metal lying in a plane and shaped so that when the hair is mounted on the substrate the spring has an initial flexure imparted thereto.

54. (Twice Amended) A mainspring for mounting on a substrate receiving at least a portion of the mainspring, the mainspring comprising a plurality of spirally arranged laminated amorphous metal sheets lying in a plane and shaped so that when the mainspring is mounted on the substrate the mainspring has an initial flexure imparted thereto.

Add claims 71-94:

--71. (New) A spring as in claim 14, wherein said metal comprises Ni-Si-B, Ni-Si-Cr, Ni-B-Cr or Co-Fe-Cr amorphous metal.

72. (New) A mainspring as in claim 23, wherein said metal comprises Ni-Si-B, Ni-Si-Cr, Ni-B-Cr or Co-Fe-Cr amorphous metal.

73. (New) A hairspring as in claim 34, wherein said metal comprises Ni-Si-B, Ni-Si-Cr, Ni-B-Cr or Co-Fe-Cr amorphous metal.

74. (New) A mainspring as in claim 54, wherein at least one of said amorphous metal sheets comprises Ni-Si-B, Ni-Si-Cr, Ni-B-Cr or Co-Fe-Cr amorphous metal.

75. (New) A spring as in claim 14, wherein said metal has a σmax (kgf /mm^2) of at least 340 and an E (kgf /mm^2) in the range of 9,000-12,000.

76. (New) A mainspring as in claim 23, wherein said metal has a σmax (kgf /mm^2) of at least 340 and an E (kgf /mm^2) in the range of 9,000-12,000.

77. (New) A hairspring as in claim 34, wherein said metal has a σmax (kgf /mm^2) of at least 340 and an E (kgf /mm^2) in the range of 9,000-12,000.

78. (New) A mainspring as in claim 54, wherein at least one of said metal sheets has a σmax (kgf /mm^2) of at least 340 and an E (kgf /mm^2) in the range of 9,000-12,000.

79. (New) A spring as in claim 14, wherein said metal has a circular cross-sectional diameter of at least 0.05 mm, or a rectangular cross-sectional shape at least 0.01 mm thick and at least 0.05 mm wide.

80. (New) A mainspring as in claim 23, wherein said metal has a circular cross-sectional diameter of at least 0.05 mm, or a rectangular cross-sectional shape at least 0.01 mm thick and at least 0.05 mm wide.

87. (New) A spring as in claim 14, wherein said amorphous metal is non-magnetic.

88. (New) A mainspring as in claim 23, wherein said amorphous metal is non-magnetic .

89. (New) A hairspring as in claim 34, wherein said amorphous metal is non-magnetic .

90. (New) A mainspring as in claim 54, wherein at least one said amorphous metal sheet is non-magnetic.

91. (New) A spring as in claim 14, wherein said spring is manufactured by integrally laminating at least two amorphous metal sheets.

92. (New) A mainspring as in claim 23, wherein said mainspring is manufactured by integrally laminating at least two amorphous metal sheets.

93. (New) A hairspring as in claim 34, wherein said hairspring is manufactured by integrally laminating at least two amorphous metal sheets.

94. (New) A mainspring having a drive mechanism as in claim 54, wherein said mainspring is manufactured by integrally laminating at least two amorphous metal sheets.--.